

Pride of the Prairie



Seasonal Food Guide*



the Upper Minnesota River Valley

Spring

Nutritious fresh spring greens from a local grower are a welcomed sign of things to come at the start of a new growing season.

Vegetables

asparagus
cauliflower
garlic greens
greens
arugula
beet
bok choi
chard
collard
cress
dandelion
kale
mizuna
mustard
sorrel

Fruits

raspberries strawberries

Season with

chives
cilantro
dill
oregano
parsley
sage

Summer

Summers heat is cooled by fresh fruits and vegetables. The seasons bounty is an opportunity to freeze, can or dry summer's surplus.

Vegetables

beets
broccoli
cabbage
carrots
cauliflower
celery
cucumbers
eggplant
endive
fennel
garlic
green beans
kale
lettuce
mushrooms
onions
peppers
potatoes
radicchio
scallions
summer squash
sweet corn
tomatoes
turnips

Fruits

currants
chokecherries
gooseberries
melons
plums
raspberries
strawberries

Season with

basil
cilantro
dill
marjoram
mint
oregano
parsley
sage
savory
tarragon

Fall

Late season fruits and vegetables grace the fall table with a colorful variety of squashes. Surplus produce can be stored for winter use.

Vegetables

beets
broccoli
Brussels - sprouts
cabbage
carrots
cauliflower
celeriac
daikon
fennel
garlic
greens - arugula
lettuce
mushrooms
okra
onions
peppers
potatoes
pumpkins
purslane
rutabaga
scallions
shallots
sweet potatoes
turnips
winter squash

Fruits

apples
apple cider
plums
late melons

Winter

Winter is a great time to combine canned, frozen, dried and stored produce with products like locally grown grains and meats available all year round.

Vegetables

beets
cabbage
carrots
celeriac
daikon
garlic
horseradish
Jerusalem artichoke
kale
kohlrabi
leeks
mushrooms
onion
parsnips
potatoes
rutabagas
shallots
sweet potatoes
turnips
winter squash

Fruits

apples
apple cider
plums
raspberries

Year Round

beef	cheese	duck	honey	oats	soybeans
barley	chicken	eggs	jams	popcorn	spelt
buckwheat	corn meal	flax	jellies	pork	turkey
butter	dried herbs	goat	lamb	rye	wheat

*Modeled after NE Regional Food Guide, Wilkins and Bokaer-Smith, Cornell University, 1996

For listings of farmers who produce food for direct sales, visit the **Food & Farm Connection** at www.landstewardshipproject.org.



For more information on the Pride of the Prairie program, call 320-269-2105 or e-mail lspwest@landstewardshipproject.org.